



FREERIDE PACKING LIST

GENERAL EQUIPMENT:

- ☐ Ski helmets
- ☐ Ski jacket
- ☐ Ski pants
- ☐ Ski shoes
- ☐ Freeride ski
- ☐ Binding
- ☐ Ski poles
- ☐ Shovel
- ☐ Avalanche probe
- ☐ Rucksacks
- ☐ Protectors

ADDITIONAL EQUIPMENT:

- ☐ Hoodies
- ☐ Fleece jackets
- ☐ Ski baselayers
- ☐ Socks
- ☐ Beanies
- ☐ Ski goggles
- ☐ Ski gloves
- ☐ Scarf
- ☐ Bivy bag

FOOD, DRINK & FIRST AID:

- ☐ Drinking bottle or hydration system
- ☐ Energy gel and other snacks of personal choice
- ☐ First aid kit
- ☐ Emergency information & contacts
- ☐ Alpine Notrufnummern:
Germany 112
Austria 140
Switzerland 144
Italy and South Tyrol 118
France 15
- ☐ Tape / blister plasters
- ☐ Moisturising cream
- ☐ Suncream
- ☐ Lip care
- ☐ Tissues

TECHNOLOGY & ORIENTATION:

- ☐ Helmet camera
- ☐ Avalanche transceiver
- ☐ Fully charged phone
- ☐ Emergency whistle
- ☐ Pocket knife
- ☐ Avalanche report
- ☐ Topographic map